



## Retainers Instructions

**Patient Name:**

**Patient Number:**

Retention is the phase of treatment where you hold your teeth in their new position, allowing the surrounding tissues to re-organize themselves around the teeth.

If you do not wear your retainers, your teeth will move back to where they were before treatment. Please note that minor changes in the position of teeth is often minimal and all patients differ to the extent that it occurs but any minor changes that do occur cannot be treated again on the NHS. You would need to pay privately to have any re treatment.

The NHS provides one set of removable retainers. Patients can choose to have fixed retainers placed after 12 months wear of removable retainers however this is a private option and the current fee for this is £400.00 per arch. This is not a necessary step and removable retainers if worn correctly will have the same effect, however some patients prefer a permanent fitted retainer.

It is important you wear your retainers every night for the first year after your braces have been removed. However, we know that teeth move throughout life as part of an age-related change and later growth. Therefore, it is advisable to continue to wear your retainers at a reduced rate for life, for 2-3 times a week. If you have any problems with your retainers you can come and see us for up to one year after the removal of your brace, after this period you will need to go and see your dentist if there is a problem with your retainer. Your GDP will be able to advise you on retainer replacements and even after one year your dentist can still refer you back to us for new retainers to be made and this is up until you are 18 years of age.

If your gums are swollen when the brace is removed, then the impressions taken for the retainers will be made to the swollen gums. The swollen gums will be compressed when the impression is taken and then the retainers will not fit so well in your mouth. We cannot make another set of retainers for you if this happen. You only get one set of retainers on the NHS. A second set of retainers would incur an NHS charge.

What to expect during retention: The retainers may feel a little bit tight when they are first fitted. This shows you that your teeth have already moved a little bit since the brace has been removed. It is best to make sure you place your retainers in 30 mins before you go to sleep so that they feel comfortable. If worn regularly then the retainers will not feel tight. They are a passive appliance i.e. they are only supposed to hold your teeth in the position the brace has put them in they are not supposed to move your teeth. If they begin to feel tight then you may not be wearing them enough and if they no longer fit, then you have not worn them. Please do not forget to wear them or think that your teeth will not move. They will move and then all the hard work of the brace will be for nothing and we really do not want that to happen to you.

Use mouthwash and a toothbrush to clean your retainers not toothpaste as this is abrasive

Then rinse them in cold water as they are made of thin plastic which can distort if you use hot water. You can purchase retainer brite at reception to help clean the retainers, but this is not included in the NHS treatment. You can purchase a box to keep them safe in when they are out of your mouth but if you lose, break or distort the retainers, contact us immediately on 01438765390 for up to one year after your treatment so that we can take impressions to make a new set. We will monitor your retention phase for the first year after the brace is removed.

There is an NHS charge of £84.80 for each retainer so keep them safe, for the first year of the brace being removed. After the first year of the brace being removed then replacement retainers are not covered by the NHS therefore there is a charge of £150 for each retainer.

***My retainers have been fitted today and I am happy with the way that they fit. I have read the instructions and understand that if I do not follow them, that the retainers may not work, and the teeth may move back towards the position they were before treatment. I understand that the clinic cannot take any responsibility for any problems caused by ignoring these instructions.***

Signed:

Relationship to Patient:

Date:

*This is a custom-made device to the above patient. Full information about material used or disinfection procedure on request*

#### Statement of Manufacture for Dental Appliance

<b>CUSTOM – MADE DENTAL APPLIANCE</b> <b>STATEMENT OF MANUFACTURE</b> Please complete and the appropriate sections of this form and provide a copy to the patient		<b>Inline Orthodontics</b> <b>5 Letchmore Road, Stevenage,</b> <b>Hertfordshire, SG1 3JH</b> <b>01438 765390</b>	
<b>LAB REFERENCE</b>		INLINE	
<b>PATIENT'S NAME</b>			
<b>ORDER NUMBER</b>			
<b>NAME OF PRESCRIBER</b>		Sarah Hepburn	
<b>DENTAL PRACTITIONER</b>		Sarah Hepburn	
<b>DATE OF MANUFACTURE</b>	<b>ISSUE DATE OF APPLIANCE</b>	<b>ISSUED BY</b>	
<b>TYPE OF APPLIANCE</b> (Please mark Y against type)			
Orthodontic Retainer		Orthodontic Bite Guard	
<b>STANDARD OF WORK</b> NHS <input type="checkbox"/> PRIVATE <input type="checkbox"/>		<b>QUANTITY:</b>	
<b>Your attention is drawn to the following statement:</b> This is a custom-made medical device that has been manufactured to satisfy the design characteristics and properties specified by the prescriber for the above-named patient. This medical device is intended for exclusive use by this patient and conforms to the relevant essential requirements specified in Annex 1 of the Medical Device Regulations (MDR)			